

Sign Up Now!
for the
City of Shreveport
Public Assembly and Recreation Department's
FREE Weight Lifting Program



Ages:

10-14

4 Locations:

AB Palmer Community Center, 549 E. 79th Street (673-5336)

Bilberry Community Center, 1902 Alabama (673-5345)

David Raines Community Center, 2920 Round Grove Lane (673-5342)

Valencia Community Center, 1800 Viking Drive (673-6433)

Classes are forming NOW!

Expo/Competition:

Scheduled for week of Dec. 8-12

Class size is Limited - Pre-registration is Required

**Contact the Facility closest to you
for registration information and class days and times**

**Students who participate in the expo/competition will receive a membership
in the USA Weight Lifting Association – a value of \$20.00 per student.*

Just another “HOT” program in a “COOL” city

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